IN THE CLAIMS:

Claim 22 has been cancelled. Claims 4, 9, 12, and 20 have been amended, as follows:

(previously presented) A method of controlling a transmission rate,
 comprising:

determining whether a pause frame has been received after a packet count value has been reached:

determining, after waiting a pause time specified by the pause frame, whether a maximum of an inter-frame spacing (IFS) has been reached if the pause frame has been received; and

increasing the inter-frame spacing by a value if the maximum of the inter-frame spacing has not been reached to reduce the transmission rate.

- 2. (previously presented) The method according to claim 1, wherein the value is based on a selection from the group consisting of a pause time in a pause frame, a frequency of pause frames and a proximity of a current inter-frame spacing to the maximum or a minimum of the inter-frame spacing.
- 3. (previously presented) The method according to claim 1, wherein the value is in byte time units, a byte time unit being the time it takes to send a byte of data onto a network media.
 - (currently amended) A method of increasing a transmission rate, comprising:
 determining whether a pause frame has been received;

determining , after-waiting a poll-time specified by the pause frame, whether a minimum of an inter-frame spacing (IFS) has been reached if the pause frame has not

been received; and

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decreasing the inter-frame spacing for a number of frames by a value if the minimum of the inter-frame spacing has not been reached to increase the transmission rate.

5. (previously presented) The method according to claim 4, further including waiting for an event to occur a poll time prior to determining whether the pause frame has been received.

Claims 6 - 7 (cancelled).

- 8. (previously presented) The method according to claim 4, wherein the value is in byte time units, a byte time unit being the time it takes to send a byte of data onto a network media.
- 9. (currently amended) An input/output controller, comprising:

 a receiver circuit to determine whether a pause frame has been received; and
 a logic circuit adapted to wait a pause time specified by the pause frame, to
 determine whether a maximum of an inter-frame spacing (IFS) has been reached if the
 pause frame has [[not]] been received, and to increase the inter-frame spacing by a
 value if the maximum of the inter-frame spacing has not been reached to [[train]] reduce
 a transmission rate.
- 10. (previously presented) The input/output controller according to claim 9, wherein the value is based on a selection from the group consisting of a pause time in a pause frame, a frequency of pause frames and a proximity of a current inter-frame spacing to the maximum or a minimum of the inter-frame spacing.
 - 11. (previously presented) The input/output controller according to claim 9,

wherein the value is in byte time units, a byte time unit being the time it takes to send a byte of data onto a network media.

12. (currently amended) An input/output controller, comprising:

a receiver circuit to determine whether a pause frame has been received after a packet count value has been reached; and

a logic circuit adapted to determine, after waiting a pause-time specified by the pause-frame, whether a minimum of an inter-frame spacing (IFS) has been reached if the pause frame has not been received, and to decrease the inter-frame spacing for a number of frames by a value if the minimum of the inter-frame spacing has not been reached to train a transmission rate.

- (previously presented) The input/output controller according to claim 12, wherein the logic circuit is further adapted to wait for an event to occur a poll time prior to determining whether the pause frame has been received by the receiver circuit.
- 14. (previously presented) The input/output controller according to claim 12, wherein the event is a the logic circuit is further adapted to wait a packet count value prior to determining whether the pause frame has been received by the receiver circuit. Claim 15 (cancelled).
- (previously presented) The input/output controller according to claim 12, wherein the value is in byte time units, a byte time unit being the time it takes to send a byte of data onto a network media.
 - 17. (previously presented) A program code storage device, comprising: a machine-readable storage medium; and machine-readable program code, stored on the machine-readable storage

medium, having instructions, which when executed cause a computer to

determine whether a pause frame has been received after a packet count value is reached.

determine, after waiting a pause time specified by the pause frame, whether a maximum of an inter-frame spacing (IFS) has been reached if the pause has been received, and

increase the inter-frame spacing by a value if the maximum of the inter frame spacing has not been reached to reduce a transmission rate.

- 18. (previously presented) The program code storage device according to claim 17, wherein the value is based on a selection from the group consisting of a pause time in a pause frame, a frequency of pause frames and a proximity of a current inter-frame spacing to the maximum or a minimum of the inter-frame spacing.
- 19. (previously presented) The program code storage device according to claim17, wherein the value is in byte time units, a byte time unit being the time it takes tosend a byte of data onto a network media.
 - 20. (currently amended) A program code storage device, comprising: a machine-readable storage medium; and

machine-readable program code, stored on the machine-readable storage medium, having instructions, which when executed cause a computer to

determine whether a pause frame has been received after a packet count value has been reached,

determine , after waiting a pause-time-specified by the pause frame, whether a minimum of an inter-frame spacing (IFS) has been reached if the pause frame has not

been received, and

decrease the inter-frame spacing for a number of frames by a value if the minimum of the inter-frame spacing has not been reached to increase a transmission rate.

21. (previously presented) The program code storage device according to claim 20, wherein the machine-readable program code further includes instructions, which when executed cause the computer to wait for an event to occur a poll time prior to determining whether the pause frame has been receive

Claims 22 and 23 (cancelled).

- 24. (previously presented) The program code storage device according to claim 20, wherein the value is in byte time units, a byte time unit being the time it takes to send a byte of data onto a network media.
 - 25. (previously presented) A network system, comprising:

a controller system to determine whether a pause frame has been received, to determine, after waiting a pause time specified in the pause frame, whether a maximum of an inter-frame spacing (IFS) has been reached if the pause frame has been received, and to increase the inter-frame spacing by a value if the maximum of the inter-frame spacing has not been reached to reduce a transmission rate; and

a trainer system to determine whether the pause frame has been received after a packet count is reached, to determine whether a minimum of the inter-frame spacing has been reached if the pause frame has not been received, and to decrease the inter-frame spacing by a second value if the minimum of the inter-frame spacing has not been reached to increase the transmission rate.

- 26. (previously presented) The network system according to claim 25, wherein the value is in byte time units, a byte time unit being the time it takes to send a byte of data onto a network media.
- 27. (previously presented) The network system according to claim 25, wherein the second value is in byte time units, a byte time unit being the time it takes to send a byte of data onto a network media.
- 28. (previously presented) The network system according to claim 25, wherein the value is based on a selection from the group consisting of a pause time in a pause frame, a frequency of pause frames and a proximity of a current inter-frame spacing to the maximum or the minimum of the inter-frame spacing.

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